



PE Overview

BPS Term 2 2017

The **JUNIOR PRIMARY PE PROGRAM** places huge emphasis on the importance of Fundamental Movement Skills as an essential component of developing movement and coordination skills in early childhood. Fundamental Movement Skills (FMS) are the movement patterns that involve different body parts. They are the foundation movements or precursor patterns to the more specialised, complex skills used in play, games, sports, dance, gymnastics, outdoor education and physical recreation. These skills are taught and incorporated both incidentally and explicitly throughout the JP PE Program at BPS.

Strand & Sub-Strands (R-7)

Movement & Physical Activity

- Moving our Bodies
- Understanding Movement
- Learning Through Movement

Unit overview – Skill development

Football (Australian Rules)

Developing Skills: Team work, following instructions, personal safety, fair play, kicking, handballing, marking, picking up, ball handling, bouncing, evading, smothering, spoiling, bumping, defending, ruckwork.

Hockey/Minkey

Developing Skills: dribbling, push pass, hit pass, trapping, receiving, shooting, defending, intercepting, goalkeeping, teamwork, spatial awareness, hand/eye coordination, changing direction, strength and endurance, speed.

The **MIDDLE AND UPPER PRIMARY PE PROGRAM** focuses on progressive skill development in modified games, ranging from simple skills and games in Year 2 - 4, to practising with persistence and modifying skills in Years 5-7. Skills are taught incidentally and explicitly, through demonstration, clear and concise instruction, repetition and drawing a link to other sports / skills learnt in previous PE lessons.

Unit overview – Skill development

Korfball

Developing Skills: In this Dutch game, students will learn skills in shooting, bouncing, throwing, catching, and tracking by playing modified games / drills that incorporate these skills. They will learn how some aspects netball and basketball are used to play Korfball and make the link between all three sports.

Lacrosse

Developing Skills: In this traditional North American Indian game, students will learn the skills of intercepting, challenging, scooping, passing and receiving a ball in the lacrosse stick / net by playing modified games / drills that incorporate these skills. .

Table Tennis

Developing Skills: Practise basic skills by focussing on correct grip; correct serve; by incorporating juggling and striking activities; and by playing singles and doubles games in a tournament format.